



VANCOUVER

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Tuesday, September 20, 2011
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News worth sharing.

► David and Sasha Moriarty-Schieven nervously wait to perform a rendition of Spamalot during the Vancouver auditions for Canada's Got Talent at the Westin Bayshore yesterday.

CHELSEA ALTICE/FOR METRO

Show them what you've got

► Hundreds line up at Westin Bayshore for Canada's Got Talent ► Skipping, roller-skating and singing hopefuls among various talents vying to make first cut ► Celebrity judging panel will be announced in two weeks



CHELSEA
ALTICE
VANCOUVER@METRONEWS.CA

Rick Faraci can hammer 50 nails in 48 seconds using only his hands.

The feat, which Faraci displayed for producers of Canada's Got Talent in Vancouver yesterday, is just part of his Tameshiwari act, or as he calls it, "the art of breaking stuff."

Faraci, who was wearing a greenstone necklace to honour his wife's

Maori heritage, said he was encouraged by her to audition for the upcoming televised variety show.

With Faraci's wife undergoing cancer therapy, he thought auditioning for Canada's Got Talent would be a fun way to celebrate the sport that introduced him to his wife.

"The show is a brilliant way to showcase Canadian talent," said Faraci, who was excited to be a part of the buzz. "We very rarely stim-

ulate and promote our own and here we get such a variety."

Vancouver is the third city of six to hold auditions in the nationwide tour, which continues today at the Westin Bayshore.

Executive producer Ed Robinson said he was excited to be in Vancouver, which is always a source for new talent.

Robinson has worked on reality TV for years on shows such as Canadian Idol, but said there was a spe-

cial component to the variety talent show.

"You learn how important the show is to people," he said. "For so many people the show is a way to express themselves that (they) wouldn't normally get. It takes a great deal of courage."

For auditions, Robinson said he most looks forward to unusual acts, whatever they may be.

"The imagination of people is what we're hoping this show will

capture," he said.

Brother-sister musical-theatre duo David and Sasha Moriarty-Schieven were among hundreds of contestants lined up at the Westin Bayshore, vying to make the cut for the final \$100,000 prize and debut in an unnamed Las Vegas venue.

"If we made it, it would be the fulfilment of a lifelong dream. We've found success in our own ways, but this would be a whole new level of awesome," said Sasha.

Flip this edition of Metro

► To travel 20 years in time to solar cars, green jobs, baby athletes and more



Local

Amanda Zhao murder trial heads to court

► Ex-boyfriend accused in death of Coquitlam College international student {page 2}

Dish

Timberlake, Kunis shrug off hacking reports

► Former co-stars deny exchanging suggestive photos, texts {page 19}

Food

Hop to Luke's Corner Bar & Kitchen for a bite

► Mammoth veggie burger an unexpected treat at South Granville eatery {page 22}

1 news



New research points to a frightening link between child-abuse rates and economic turmoil in the U.S. Scan code for story.

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On the web at metronews.ca

As the European banking system goes, so goes the stock market — and now there's reason to think good thoughts about Europe. Allan Small has more at metronews.ca

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Charge laid in 11th city murder this year

Shane Frederick James Yuchich, 22, faces one count of homicide. He was arrested Sunday and appeared in provincial court in Vancouver yesterday.

Joshua Jonathan Tana-siuk, 24, was stabbed by another passenger in a vehicle in the 1300 block of Victoria Drive early Saturday. The driver, fearing for his safety, stopped the vehicle and ran away. Tana-siuk was found in critical condition by passersby but succumbed to his injuries Saturday.

● ARIANA KAKNEVICIUS

Premier rolls out jobs plan

The province will kick in \$15 million toward a \$90-million port-enhancement project in Prince Rupert to improve trade with Asia, Premier Christy Clark said yesterday as she made the first of five daily announcements about her B.C. Jobs Plan.

The \$90-million Phase 1 will see construction of new rail lines and extension of current tracks and facilities. It is expected to begin next year and is part of a planned \$300-million development at the Port of Prince Rupert.

The project will create an estimated 570 on-site construction jobs and 4,000 other positions.

● CHELSEA ALTICE



► MLA Jenny Kwan speaks yesterday at a media conference in Vancouver where she announced that Ang Li will stand trial in Beijing for the murder of international student Amanda Zhao, pictured in the portrait above.

Justice finally in sight for Amanda Zhao's family

- Accused killer of 21-year-old English student to stand trial in Beijing
- RCMP provided evidence after China agreed to drop death sentence

MATT KIELTYKA
@METRONEWS.CA

The family of an international student killed in British Columbia will finally have their day in court.

Nine years after Amanda Zhao's body was found in a suitcase near Stave Lake, her ex-boyfriend,

Ang Li — who fled Canada before being charged by RCMP — is scheduled to stand trial today in Beijing for the 21-year-old's murder.

NDP MLA Jenny Kwan, who has been acting as the Canadian advocate for Zhao's parents, said she was thrilled the case is finally moving forward, after the Canadian

government agreed to share evidence when China agreed to drop the death penalty.

"The family will get their day in court," Kwan told media in Vancouver. "That's what they wanted from the outset, so they can get justice."

Li fled to China after becoming a prime suspect in the case and remained at

large because there is no extradition agreement between China and Canada.

In 2009, Chinese authorities arrested Li and his cousin Han Zhang, charged with helping to dispose of Zhao's body, in response to intense international pressure.

Zhao was living in Burnaby while studying at Coquitlam College.

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Ousted Eskimo faces gun charges

Former Edmonton Eskimo defensive end Adam Braidwood was arrested Sunday in Port Coquitlam during the Terry Fox Hometown Run on weapons-related charges.

According to police, Mounties were called to a break-and-enter around 10:30 a.m. at a house along the route of the Terry Fox Run. There was

no robbery, but someone did enter the home and fire several shots inside the residence.

However, as officers responded to that call, another Mountie, who was on crowd-control duties for the run, spotted a man who appeared to be holding a gun.

The man was arrested without incident and the firearm was seized. Braidwood, 27, Edmonton's first-overall pick in the 2006 Canadian College Draft, was taken to hospital with injuries and is scheduled to appear in court tomorrow. **METRO**

Honouring riot heroes

The Vancouver Canucks will host more than 1,000 police officers, firefighters, paramedics and hospital staff who were on duty during the Stanley Cup riots during the first four pre-season games. The preseason begins tonight against the Calgary Flames.

On their final pre-season game, Oct. 1, the team plans to give away 100 pairs of tickets to people who took part in the cleanup efforts. The team is asking fans to submit photos of themselves cleaning up along with a 100-word story on the experience. **METRO**

Man denies charges in hit-and-run

► Parent testified two men attacked his vehicle and that he heard a 'bang' when he drove off ► Says he returned to crash scene to check up on passengers



PHYLICIA TORREVILLAS
@METRONEWS.CA

Brent Parent, the driver of the truck that allegedly struck down and killed 21-year-old Silas O'Brien in 2008, told the court yesterday he did not know someone had been killed until the next day.

Parent, who pleaded not guilty to five charges including criminal negligence and dangerous driving causing death and took the stand yesterday in his own defence, admitted he tapped on his brakes to slow down the truck behind him, describing his move as "stupid and childish."

When the other truck — driven by Sam Dooley with passengers Luke Stephen and O'Brien — tried to pass, Parent testified he ac-

celerated and saw the vehicle go into the ditch on 16th Avenue near 264th Street.

He claimed he returned to the scene of the incident to check if everyone was OK.

"I was a little bit angry ... mostly (at) myself because all this could've been avoided if I just had pulled over in the first place and just let them drive past," Parent testified.

When he approached the crash scene, Parent claimed the people on the road attacked his vehicle and he heard a bang before driving off.

"I thought they threw something or kicked my truck," he testified.

He began to cry as he testified about finding out from his estranged wife the next morning that a man had been run over



► Michelle O'Brien gets emotional yesterday outside the B.C. Supreme Court in New Westminster after hearing the testimony of the man accused of running over and killing her 21-year-old son.

and killed by a truck on 16th Avenue. But when Crown prosecutor Donna Ballyk asked him if that something was Silas O'Brien, Parent said, "it may have been, I do not know."

Vancouver City Coun. Geoff Meggs, whose wife is O'Brien's aunt, said Silas

was just getting started in life and would've been very good with business.

"(The family) suffered a terrible loss but they're very strong," Meggs said outside court. "The whole extended family's been bound together by a very deep Christian faith that's carried them through this."

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News in brief

Woman drunk when killed, trial hears

HOUSE PARTY. A close friend of a young woman murdered 18 years ago in Kelowna says the victim was drunk when she was killed.

Pam Cologne was testifying in the trial of Neil Snelson, who's accused of murdering 19-year-old Jennifer Cusworth after a house party in October 1993.

Cologne says Cusworth was uncharacteristically "touchy feely" towards her during the party and that's why she knew the woman was drunk. **CKFR**

Search enters fourth day

PILOT. The search for a

missing B.C. pilot and his helicopter is continuing for a fourth day with help from a Winnipeg-based Canadian Forces plane that joined the effort yesterday.

Search spokesman Lt. Trevor Reid says the hunt for the Aerospatiale A350 helicopter is focused between Hope and Kelowna, a mountainous and heavily forested area with steep valleys.

THE CANADIAN PRESS

Fire crew fight border flames

WILDFIRE. A 20-person fire crew is dousing hot spots along the B.C.-Washington State border after a wildfire jumped the line.

Airtankers based in the southern Okanagan bombarded the flames with retardant on Sunday, in an unsuccessful attempt to keep the fire from crossing the border west of Osoyoos. **CKOR**

Team Canada captain cleans up

► Retired NHL defenceman Scott Niedermayer picks up cigarette butts, plastic wrappers and bottle caps at Locarno Beach



PHYLICIA TORREVILLAS
@METRONEWS.CA

Scott Niedermayer, captain of Canada's Olympic gold-medal-winning hockey team, said he's been keeping himself busy as a dad and spokesperson since hanging up his skates last year.

The retired NHL defenceman hit up Locarno Beach yesterday as a freshwater ambassador for the World Wildlife Fund and took part in the Great Canadian Shoreline Cleanup.

"Growing up in B.C., I had a great appreciation of the natural beauty and animals in this great province," said Niedermayer, who played 18 seasons in the National Hockey League for the New Jersey Devils and the Anaheim



PHYLICIA TORREVILLAS/METRO

► Retired NHL defenceman Scott Niedermayer hits up Locarno Beach yesterday to take part in the Great Canadian Shoreline Cleanup.

Ducks.

Aside from his spokesperson work for WWF Canada, he's been enjoying more time with his family.

"Being used to the hockey schedule for 20 years keeps you pretty busy ...

and all of a sudden I have an abundance of time, but I have four (boys) at home who keep me racing around doing things," he said.

Niedermayer, who grew up in Cranbrook, was recently inducted to the B.C.

Sports Hall of Fame with fellow British Columbians Duncan Keith, Brent Seabrook, Shea Weber and Canuck goalie Roberto Luongo for their contributions to Canada's gold-medal run at the 2010 Vancouver Winter Games.

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keeps getting better.



► An archaeologist working along the flanks of Mount Tambora shows unearthed remnants of villages.

Villagers in awe of mountain

► April 1815 eruption killed 90,000 people ► Left crater 11 kilometres wide, one kilometre deep ► Spewed estimated 400 million tons of sulphuric gases

Bold farmers in Indonesia routinely ignore orders to evacuate the slopes of live volcanoes, but those living on Tambora took no

chances when history's deadliest mountain rumbled ominously this month.

Villagers like Hasanudin Sanusi, 45, have heard

since they were young how the mountain they call home once blew apart in the largest eruption ever recorded. Hundreds refused

to return to their mountainside villages for several days despite assurances they were safe.

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Search. For survivors



► Nepalese locals clear rubble of a damaged house to look for victims yesterday after Sunday's earthquake in Bhaktapur about 14 kilometres from Katmandu, Nepal.

THE ASSOCIATED PRESS

Rescue efforts hampered

Rescue workers dug through mudslides as they struggled yesterday to reach thousands of villagers cut off by a powerful earthquake that killed at least 53 people and damaged more than 100,000 homes in mountainous northeastern India, Nepal and Tibet.

Officials struggle to respond to flooding

Flood victims camped out near inundated fields and crowded hospitals yesterday as authorities and aid groups struggled to respond to Pakistan's second major bout of flooding in just over a year.

The return of the floods is testament to the powerful penetration of the monsoon rains that envel-

220 Monsoon rains since early August have killed more than 220 people, damaged or destroyed some 665,000 homes and displaced more than 1.8 million people in the southern Sindh province, according to the government and the United Nations.

op much of Asia at the end of summer. It also points to the limits of Pakistan's government, often blasted as weak and corrupt.

In normal times, Islamabad officials are seen as barely helping citizens.

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U.S. military opens doors to gay recruits

► Leaders say repealing policy was long overdue ► Gay-rights groups planning a day of celebration

The military says it is ready for the lifting today of a ban on gays serving openly, while supporters applaud the historic change as a victory for equal rights.

Last week, the Pentagon said 97 per cent of the military has undergone training in the new law. Defence Secretary Leon Panetta, Joint Chiefs chairman Adm. Mike Mullen, and President Barack Obama have all certified that

allowing openly gay service members will not undermine the effectiveness of the military or its recruiting.

The revisions, such as eliminating references to banned homosexual service, are in line with policy

guidance issued in January, after Obama signed the legislation that did away with the "don't ask, don't tell" policy.

The lifting of the 18-year-old ban also will mean a halt to all pending investigations, discharges and

other administrative proceedings.

Existing standards of personal conduct, such as those pertaining to public displays of affection, will continue regardless of sexual orientation.

THE ASSOCIATED PRESS

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REGENERATION

Japan. Demonstration



► Protesters in costume perform during an anti-nuclear demonstration in Tokyo yesterday.

KOJI SASAHARA/THE ASSOCIATED PRESS

No to nuclear power

Chanting "Sayonara nuclear power" and waving banners, tens of thousands of people marched in central Tokyo yesterday, calling on Japan's government to abandon atomic energy in the wake of the Fukushima nuclear accident.

Dozens of people shot dead in pub

Armed men from Congo burst into a pub in the central African nation of Burundi and killed 36 people, an official said yesterday.

Burundi, a tiny nation still reeling from a civil war that killed more than 250,000 people, is awash in weapons, but attacks like the one Sunday night are rare. Still, the region borders eastern Congo, which is wracked by violence from a myriad of rebel groups.

Background

► For the past year, there have been reports that the extremist Burundian Hutu rebel group is operating in eastern Congo and may be preparing for war in Burundi.

Congolese officials were "astonished" by reports that the attackers were believed to be from his country.

THE ASSOCIATED PRESS

Children win cash, guns

An Islamist radio station in Somalia says it is awarding guns, bombs and books to three children in a Qur'an recital contest.

Andulus radio station is run by the al-Qaida-linked

\$700 The amount awarded to the first-prize winner of a controversial contest. The winner also wins a gun.

al-Shabab militia, which is battling Somalia's weak, UN-backed government.

THE ASSOCIATED PRESS

Politicians unite to remember Jack

► Jack Layton died of cancer last month ► Prime minister says NDP leader was a fighter until the end

Politicking and partisanship briefly evaporated in the House of Commons yesterday as MPs remembered Jack Layton's courage, optimism and kindness.

The bitterness that has become a hallmark of parliamentary debate in recent years was nowhere in evidence as the tributes rolled out to waves of applause in the chamber where Layton often pleaded for greater civility.

Prime Minister Stephen Harper praised the late NDP leader as someone who earned the

affection and respect of his fellow MPs.

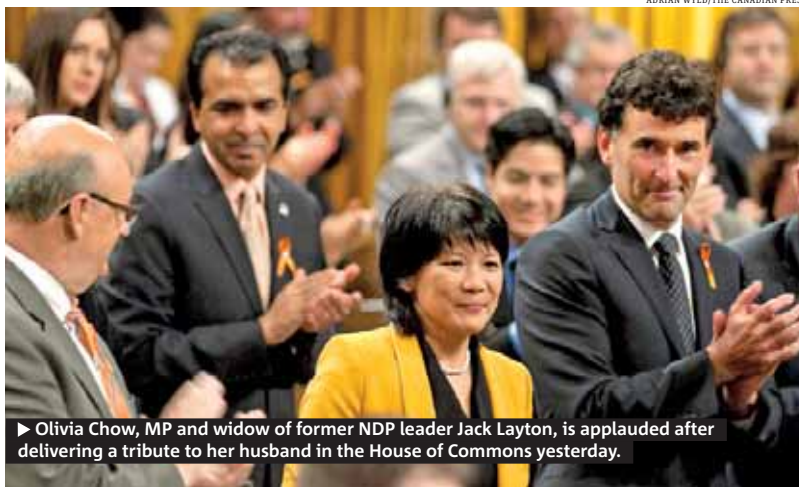
Harper spoke of friendships that can grow even between opponents.

"In the case of Jack Layton, I believe that all of us developed this affection inexorably," Harper said.

"His passion, his perseverance, his ability to be at once tough and cheerful would eventually win over even those who most strongly disagreed with him."

He said he and Layton rarely agreed, but they shared a love of country.

Interim NDP Leader



► Olivia Chow, MP and widow of former NDP leader Jack Layton, is applauded after delivering a tribute to her husband in the House of Commons yesterday.

Nycole Turmel pledged to keep her party true to Layton's legacy.

"Day after day, he fought for the little guy,"

she said. "In Jack Layton's memory we carry on this work."

Bob Rae, the interim Liberal leader, had a

catch in his voice as he remembered Layton.

"While Jack is gone and has passed away, the things that he stood for

"His passion, his perseverance, his ability to be at once tough and cheerful would eventually win over even those who most strongly disagreed with him."

PRIME MINISTER STEPHEN HARPER

and the values that he had and the warmth and strength and quality of his personality will never die, will never disappear," Rae said.

He said Layton will not be forgotten.

"As an adversary and as a friend we shall miss him."

THE CANADIAN PRESS

Top soldier retreats from spending comments

The country's top military commander has done an about-face, saying he'll consider reimbursing taxpayers the commercial cost of a 2010 Caribbean vacation flight aboard a government VIP jet.

Gen. Walt Natynczyk, the chief of defence staff, met with the prime min-

ister and opposition critics yesterday amid a furor over his travel expenses.

He defended the use of the Challenger jet fleet and the January 2010 flight that allowed him to meet his family for a vacation cruise in St. Maarten. The VIP jet was used after the general missed his

charter flight because he remained behind for a repatriation ceremony.

On Sunday, Natynczyk said the trip was authorized by Defence Minister Peter MacKay and that he wouldn't repay the cost of the vacation flight.

"If the government, as the prime minister indi-

cated, his office looks at the trip — and the interpretation the Treasury Board guidelines — is incorrect, then I will reimburse as required," he said yesterday.

"If I have to pay for the ticket, then I will do that."

THE CANADIAN PRESS



► Chief of Defence Staff Gen. Walter Natynczyk still believes his use of a government jet was justified.

ALL NEW EPISODE

RICK MERCER REPORT

This week, Rick joins the Hands Fireworks team and sets the night sky ablaze in Ayr, Ontario.



cbc.ca/mercerreport

Tonight at 8/8:30NT
followed by 22 Minutes



How far will \$1.5 trillion go?

► President Barack Obama's plan to cut U.S. deficit includes raising \$1.5 trillion in tax increases ► That's worth the economies of Mexico and Australia combined ► Metro discovers just how much you can buy with this money

President Barack Obama called for \$1.5 trillion US in new taxes yesterday, part of

a 10-year deficit-reduction package totalling more than \$3 trillion. He vowed to veto any deficit-reduction package that cuts benefits to Medicare recipients but does not raise taxes on the wealthy and big corporations.

The president's proposal would predominantly hit upper-income taxpayers but would also reduce spending in mandatory - benefit programs, including Medicare and Medicaid, by \$580 billion. It also counts savings of \$1 trillion over 10 years from the withdrawal of troops from Iraq and Afghanistan.

Obama's call served as a sharp counterpoint to Republican lawmakers, who have balked at tax hikes.

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Going the extra mile

- If you were to stack \$1,000 bills, the height of the pile formed by \$1.5 trillion would be 193 kilometres.
- \$1.5 trillion in single-dollar bills would weigh about 1.7 million tonnes. If you stacked that sum in dollar coins, you could reach Mars.



For each person, an allowance ... and some pork

- You could give away the \$1.5 trillion by donating \$5,000 to every man, woman and child.
- You could buy everyone on Earth an iPod. Or, you could buy America's supply of bacon for the next 750 years.



Luxury for all

- You could provide everybody in Los Angeles with two Lamborghini Gallardos, or give every man in the U.S. a men's Presidential Rolex watch.
- You could send all U.S. citizens on an all-inclusive vacation to Tahiti or buy 1,500 Queen Mary 2 cruise ships.



Wipe Britain's slate clean

- If you were feeling a little generous, you could donate the entire amount to the United Kingdom and eradicate its national debt.

● LILLO MONTALTO MONELLA/
METRO WORLD NEWS
SOURCES: GLOBALRESEARCH.CA,
COSMOLOAN

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Netflix splits business with new site for DVDs

- CEO claims DVD service will stay the same without any pricing changes
- Sites will host video-game upgrades and additional streaming content



Netflix Inc. is moving to separate the DVD-by-mail plan it built its business on from the online streaming service it's betting will be future of entertainment consumption.

The mail-order plan, which the company only operates in the United States, will be renamed Qwikster.

In a few weeks, Netflix subscribers who want to get DVDs by mail will go to a separate website to access Qwikster. The streaming business will continue to be called Netflix.

The move appears to have no impact on Canadian Netflix subscribers who are estimated to number at about one million. In Cana-

da, the company only offers online-streaming services, and chose to skip the mail-order option entirely when it launched about a year ago.

Under the new plan, U.S. members who subscribe to both mail and streaming services will have two entries on their credit card statements. Instead of Netflix, the distinctive red envelopes will now say Qwikster.

It's a risky bet. The amount of streaming content the company offers is still far less than the number of DVDs in its catalogue. And competition, from Hulu, Amazon, Coinstar's Redbox kiosks and other services, is growing.

Netflix could even alienate customers further by asking them to now deal with two separate websites and accounts instead of just one.

The changes come as the company faces increasing scrutiny from customers and shareholders over the decision announced in July to separate its mail-order and Internet streaming services into two separate plans. The change raised the prices for users who want both services, by as much as 60 per cent for some.

"Our view is with this split of the businesses, we will be better at streaming, and we will be better at DVD by mail," wrote Netflix CEO Reed Hastings in a blog post Sunday.

The post, which was also emailed to Netflix subscribers, was part apology and part explanation of the changes.

Last week, Netflix lowered its U.S. subscriber forecast for the third quarter and the former stock market darling's shares took a beating as a result.

Acknowledging that he "messed up," Hastings said he "slid into arrogance based upon past success" when he did not adequately explain the reasons behind the plan separation and effective price hike.

He said the reason is that instant streaming and DVD-by-mail are becoming "two

"Our view is with this split of the businesses, we will be better at streaming and we will be better at DVD by mail."

REED HASTINGS, NETFLIX CEO

quite different businesses, with very different cost structures, different benefits that need to be marketed differently, and we need to let each grow and operate independently."

Explaining the reasons behind the plan change "wouldn't have changed the price increase, but it would have been the right thing to do," Hastings wrote.

THE ASSOCIATED PRESS

Market moment	
Dollar - 1.11¢ (101.04¢ US)	Natural gas 1,000 cu ft \$3.801 (- 0.8¢)
Oil - 2.26¢ US (\$85.70 US)	Gold contracts \$1,781.30 (- \$35.80)
TSX - 101.72 (12,172.04)	

LABOUR

Minister reacts as strike looms

Air Canada and its flight attendants were negotiating non-stop yesterday in an effort to reach a deal ahead of a strike deadline later this week — and also to avoid certain intervention by the federal government to impose a settlement.

"We will act to protect Canada's economy," Federal Labour Minister Lisa Raitt told the House of Commons during question period.

The two sides were still at it during the afternoon in a marathon session that began on Sunday morning.

Raitt was scheduled

to meet with the union and the airline at 5 p.m. EDT yesterday in Ottawa, where she was expected to press the two sides to reach a deal.

A senior executive from Air Canada and Paul Moist, national president of the Canadian Union of Public Employees, which represents the flight attendants, were to represent the two sides at the meeting while the main talks continued in Montreal.

The roughly 6,800 flight attendants have threatened to walk off the job at 12:01 a.m. tomorrow morning if their demands aren't met.

However, a strike may be short-lived. A walkout in June by the airline's customer-service agents lasted just three days after Raitt indicated she would legislate them back to work.

THE CANADIAN PRESS

Warhol, Yeats in debtor's auction

Ireland's "bad bank" and Christie's auctioneers say they are selling a bankrupt property baron's art collection, including a work by Andy Warhol.

The auctions Nov. 9 in New York and Nov. 17 in London include Warhol's Dollar Sign and Man Doing Accounts by Jack B. Yeats. The 14 paintings for sale have an estimated value of \$2.4 million to \$3.1 million.

Ireland's National Asset Management Agency has

seized control of tens of billions' worth of possessions of the nation's bankrupt property speculators.

The state-run debt management bank said Monday this will be its first sale of impounded art.

Irish media have identified the former owner as real estate entrepreneur Derek Quinlan, who purchased much of the art shortly before Ireland's property bubble burst in 2008.

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UGGS, CROCS, YOGA PANTS AND NOW ... LEGGINGS

SHE SAYS ...

JESSICA NAPIER
METRO



Last week, MSN Travel released their top 10 list of the world's worst-dressed cities. Anyone familiar with international travel won't be surprised to learn that eight out of the 10 cities listed are in North America; two of those offenders are Canadian.

Ottawa, you're forgiven for your eighth-place ranking — as home to sensible-suit-clad politicians you've got more serious things to worry about than leopard print versus polka dots for fall.

Vancouver, on the other hand, rightly earns its spot in third-place for its yoga-pant epidemic. Those ubiquitous stretchy black pants seem permanently affixed to every woman (and most of the men) living in the Lower Mainland, regardless of whether or not they have plans to do Ashtanga.

But here's the thing, yoga pants aren't really all that bad. Yes, wearing them as outerwear when you're not

en route to the gym reeks of laziness and an "I've given up" attitude, but at least they're functional as athletic wear.

Canada's biggest fashion faux pas is plaguing cities coast to coast. I'm talking of course about the yoga pant's ghastly cousin: leggings. Despite what you might want to believe, leggings, in all of their questionable incarnations (pleather, patterned, embellished), are not pants. Don't be fooled. While they do resemble a trouser, leggings are never an acceptable substitute for proper leg wear unless you're a superhero or a cat burglar.

I'm not going to lie, I've been there. For years I worshipped at the altar of American Apparel. I purchased those black cotton Spandex jersey standbys in bulk, ensuring that when one pair ripped — because they always did — there would be three more understudies waiting to step in. Oh how I loved those merciful waistbands, keeping me blissfully ignorant of my winter weight gain.

But then, in a luminous moment of clarity, I realized just how unforgiving these stretchy staples really are. I was kidding myself with my black-is-slimming mentality. They don't disguise anything; they cling in an entirely shameful manner to every lump and bump from your torso onward. And so I banished them to the back of the closet and embraced structured leg wear.

I'll admit, I still slip up from time to time — usually when I'm running late for a hungover brunch date and I can't face the suffocating reality of denim. But whenever I'm tempted to reintroduce them into my regular wardrobe rotation, I just remind myself Lindsay Lohan designed an entire collection around this fashion DON'T.

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at
metropolitanpanel.ca
and take the quick poll

Do you think Remembrance Day should be a statutory holiday, as it is in most other provinces?

27%

NO



72%

YES

Local tweets



- ▶ **@BinYVR:** Why aren't there any Chipotle restaurants in Vancouver?
- ▶ **@I_Need_Minions:** You know, if I lived in Vancouver, it would be a hell of a lot easier to do all the fun @VanCanucks contests. :(
- ▶ **@ShaneSimpsonMLA:** Congratulations to David Cadman for his years of service to the people of Vancouver. His leadership will be missed at the Council table.
- ▶ **@empartridge:** after living in Vancouver for a year I finally feel cool enough to go into Habit and actually sit there
- ▶ **@kayladee21:** #Canucks Pre-Season tomorrow. Cant Wait 2 step back into Rogers Arena, Slip on My #dsedin Shirt & witness another amazingg Season of Hockey!
- ▶ **@rainiefung:** Canucks game tomorrow YEEEEAAAAH
- ▶ **@zazvorka:** Preseason. Begins. Tomorrow. #canucks #finally! #nhl #thankyouGod
- ▶ **@DonDavies:** Just praised Stanley Cup champ Bruins in House; a lost wager honoured. Credit to BC products Lucic and Recchi!!!

Letters

Re: *Cities can't ban shark fins, report says, published Sept. 7.*

In Canada, laws that ban hunting demonstrate Canada's motive of preserving and protecting wild animals.

Of course, we kill animals for food, but we do not kill to the point where we knowingly endanger the species. The Chinese community's claiming that banning shark fins will take away from their culture should not affect the decision-making process. By making sure that shark fins are banned, in the long run we can possibly save the sharks from becoming an endangered species. By allowing more time to pass, the shark species becomes closer to being part of endangered species. Chopping off the fin and letting the shark back into the ocean would allow bodily toxins to dissolve in water. This will also affect other marine life. There has to be a regulation that prevents the shark species from becoming a threatened species. Bylaws have to come into effect as soon as possible to help control this dilemma.

KUJAANY KANA
TORONTO

Cartoon by Michael de Adder



WEIRD NEWS

Catch me if you can: Man disguised as pilot escapes

A man who disguised himself as an airline pilot tried to enter a restricted area of a New Zealand airport and then escaped after he was challenged.

New Zealand police say they are looking for a man who on Saturday entered the Auckland Airport

dressed in a white shirt with epaulets on his shoulders and a dark cap with a silver winged badge.

He was also carrying a large briefcase.

According to the police, the man tried to get into a restricted "airside" area before being challenged by ground staff.

The man then escaped from the airport and jumped into the passenger seat of a black Toyota van and drove away.

The incident is reminiscent of the 2002 movie *Catch Me If You Can*, which recounts the true story of a young con artist who successfully poses as an airline pilot before being caught by the FBI.

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2

scene

Scene in brief



Stephen Colbert meeting Radiohead calls for an hour-long episode of *The Colbert Report*. The Comedy Central show will air its first hour-long episode Sept. 26, when Colbert sits down with the British rock group. Radiohead will perform four songs, featuring material off its most recent album, *The King of Limbs*.

THE ASSOCIATED PRESS



► Cameron Crowe, left, directs Pearl Jam Twenty, which tells the story of Eddie Vedder and crew's success.

For the love of music

► Director Cameron Crowe indulges his passion for music and Eddie Vedder in Pearl Jam Twenty



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Music has always played a major part in director Cameron Crowe's films, with 2000's *Almost Famous* being perhaps the most music-centric. So it was only a matter of time before he threw himself completely into a rock and roll documentary like he's done with *Pearl Jam Twenty*, about the iconic Seattle band. "Almost Famous was about loving music and being a fan, and *Pearl Jam Twenty* is about loving music and being a band," Crowe explains.

The film premieres tonight in cities around the world as a one-night cinematic event before starting

week-long runs in select cities Friday and heading to DVD October 25. Accompanying the film is a comprehensive book by Jonathan Cohen with Mark Wilkerson and a two-disc soundtrack of live recordings and bootlegs hand-selected by Crowe.

Crowe, a longtime friend of the band, admits a lot of inspiration for the project came from Martin Scorsese's 2005 Bob Dylan documentary, *No Direction Home*, which also eschewed a traditional theatrical run. "I felt so satisfied and inspired by that movie that I wanted to listen to more Bob Dylan," Crowe says. "It felt like a Bob Dylan experience, and I thought that if we can

make a movie the way a Pearl Jam record makes you feel, then we're in good shape."

The director, who managed to squeeze all the band members into his Seattle-set romantic comedy *Singles* back in 1992, insists this isn't your standard *Behind the Music* fare. "I've always felt that the story of Pearl Jam is a great story," Crowe says. "It's beyond just a rock story. In fact, it takes the usual rock story and turns it on its head. The usual rock story is incredible promise — brilliance, maybe. Tragedy cuts it short. And aren't we sad that we've lost this wonderful opportunity. Pearl Jam is exactly the opposite. It's a tragedy that

Screenings

- Pearl Jam Twenty screens tonight at select theatres across Canada.
- Visit filmswelike.com for locations and times.

was surmounted. And these guys found joy through survival, and studying what happened with rock before with some of their heroes."

For the band, while the amount of focus and introspection might be uncomfortable at first, they're more than happy with the finished product. "Maybe it's good that this movie kind of happened now. We've been in grateful mode and appreciation

mode of each other for, I think, for quite some time," says lead singer Eddie Vedder. "It's a galvanizing kind of moment to look at each other. It doesn't happen that often. You look at all the crowd reaction, or the family that is the people that come to see the shows," Vedder says. "It's just music. It's just guitars and drums and bass. To have it turn into this other thing is kind of a monument. ... I don't mean to self-aggrandize, but it's really something to see it and witness it, and, in this case, be reminded of it and have it right there in front of us so that we can appreciate it even more. And know that we have a really strong base to, like, cover the next 20."

DVD Releases

Buy it 🌐🌐🌐🌐 | Rent it 🌐🌐🌐 | Borrow it 🌐🌐 | Yawn 🌐 | Don't bother 🌐

Bridesmaids

Genre: Comedy

Director: Paul Feig

Stars: Kristen Wiig, Maya Rudolph, Rose Byrne

🌐🌐🌐

The surprise summer hit *Bridesmaids* is smart, funny and frequently gross. The fact is that the gals can be every bit as riotous and rude as the guys, but they aren't always given a chance.

SNL's bright light Kristen Wiig stars (and also co-writes with Annie Mumolo) as terminal failure Annie, a woman on



the verge of a marital meltdown not of her making. Annie is pulled into the mine field of wedding planning when her childhood BFF Lillian (Maya Rudolph) asks her to be her maid of honour.

Lillian neglects to tell

her that she's also asked her new BFF Helen (Rose Byrne, deliciously bitchy) to do much the same job, which the affluent Helen is all too eager and capable to do. The inevitable friction between the two and the other brides continues

on a road trip to Vegas.

🌐 PETER HOWELL

Conan O'Brien Can't Stop

Genre: Documentary

Director: Rodman Flender

Stars: Conan O'Brien, Andy Richter, Stephen Colbert

🌐🌐🌐

Where others might have speed-dialed the suicide-prevention hotline following the late-night lunacy of early 2010, Conan O'Brien instead called his travel agent. Humbled by his abrupt exit from *The Tonight Show*, and blocked from immediate TV work, the ginger-haired funny-

man exorcised his demons in public. His resulting 33-city touring song-and-joke variety show, captured by the documentary lens of Rodman Flender for *Conan O'Brien Can't Stop*, is combination therapy and screw-you retribution.

Flender doesn't belabour the events that led up to O'Brien's rise, fall and subsequent rise again (he has a new show on TBS) in the late-night wars. But neither does Flender deliver a big sloppy valentine to O'Brien, who comes across as affable yet prickly during his coast-to-coast trek. 🌐 PETER HOWELL



Scan this code or visit metronews.ca/scene to find out who claimed the Polaris Prize at last night's gala.

Jay Manuel has arrived.



Jay Manuel, style maven and Creative Director for ATTITUDE Jay Manuel found only at Sears, invites you to check out his latest collection followed by a live Q&A at the Sears Vancouver Pacific Centre on Thursday, September 22nd from 6-8PM.

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► Maya Rudolph

The opposite of Oprah

► Maya Rudolph plays an insensitive talk show host on *Up All Night*



Maya Rudolph is not a childless, self-absorbed talk show host. She just plays one on TV.

"Yeah, I've got three kids, so I'm a crazy person," deadpans the former Saturday Night Live star, who reunites with executive producer Lorne Michaels for the new sitcom, *Up All*

Night.

"The funny irony, really, is that I'm the one without the kid in the show."

Rudolph plays Ava, the demanding boss to Christina Applegate's new mom, Reagan (Will Arnett stars as the baby daddy).

Ava's cluelessness when it comes to the reality of raising a kid spikes on Reagan's first day back to work; the boss awkwardly pleads that they party in the name of work.

But Rudolph doesn't have to think back too far to remember what it was like to be perhaps over-in-

vested in her own job.

"Anything outside of New York City when you had show week was really hard to fathom because everything for me was living, breathing SNL at the time," she says of her former gig. It's funny when you think back to the person that you thought you were going to be or you hold any sort of judgment over parents," Rudolph adds, reflecting on her character and younger self.

"You really don't know (what it's like to be a parent) until you have that experience."

A promotional image for the TV show '30 Rock'. It features the main cast members: Tina Fey, Alec Baldwin, Lizzy Caplan, Colin Hanks, and Tracy Morgan. They are all dressed in formal attire and are posing against a green background. The text '30 ROCK, ROCKS' is prominently displayed at the top in large, bold letters. Below the image, it says '5 NIGHTS A WEEK.' and 'STARTS TONIGHT 10PM'. At the bottom, there is a logo for 'OMNI.1' and 'OMNITV.CA'.

ANDREW H. WALKER/GETTY IMAGES



► Michael 'The Situation' Sorrentino

Jersey taxpayers are DTF: Down to fund reality show

Gym, tanning and laundry are just a few things the state of New Jersey will be paying for after reality TV giant *Jersey Shore* will receive hundreds of thousands of dollars worth of taxpayers money.

The Associated Press reports show that New Jersey's Economic Development Authority approved \$420,000 worth of production costs back in 2009, before the world ever knew the new meaning of "grenade."

The MTV reality TV show follows eight young housemates boozing and partying their way through New Jersey's

beach-side bars. A boozing and partying rampage that New Jersey Governor Chris Christie thinks the town can do without. Governor Christie has been quoted in reports saying that the show casts a "negative" and inaccurate portrayal of New Jersey.

Surely that's not up for dispute. (Does anyone think *Jersey Shore* reflects well on the state of New Jersey?)

But local authorities in New Jersey have expressed their delight at the flurry of economic activity the production brings to the area.

● METRO

Kunis gets hacked, romance revealed?

► Rumours of Timberlake's manbits making an appearance persist

Justin Timberlake and Mila Kunis are shrugging off reports that Kunis' phone was hacked last week, leading to the discovery of several steamy photos of the Friends with Benefits stars, according to People magazine.

"At no time did Mr. Timberlake and Ms. Kunis exchange inappropriate texts or emails," a joint statement from their reps reads.

"The insistence that there is any inappropriate correspondence between the two parties is entirely false."

One of the alleged pho-

tos was said to be of Kunis in a bathtub, while another reportedly showed Timberlake with lingerie on his head. A third photo reportedly featured male genitalia.

"We would like to confirm that the photo addressed in the media of Ms. Kunis was in fact not from any phone but from an inactive email account that has not existed in three years," the statement reads. "In regards to the other photos in question, they were never exchanged between the two parties."

● METRO



► Justin Timberlake and Mila Kunis

ALL IMAGES GETTY

Celebrity tweets



If I'm remembered for one thing in life, it may be my ability to start spontaneous dance parties. Kids under 5 always dominate. i love kenya



@oliviawilde

@SteveMartinToGo

I think @ConanO'Brien is just about to steal a joke I'm just about to think up. So, I'm going to retro-think it up after he tweets it.



@adriangenier

I really want to tell you how amazing the airplane bfast was on @VirginAmerica but I'm afraid you'll think I was paid :/ though I wasn't!



@ariannahuff

Have to say, with 15 million jobless, didn't see it coming that GOP nomination would hinge on HPV vaccine.



A b-day reunion for Anthony and Lopez

For his 43rd birthday, Marc Anthony got a visit from soon-to-be ex-wife Jennifer Lopez, who visited Anthony at the Miami home they used to share this weekend, according to Us Weekly.

Lopez, on a break from filming *What to Expect When You're Expecting*, brought by the couple's three-year-old twins, Emme and Max.

● METRO

Alec clears up absence

Alec Baldwin bowing out of the Emmys Sunday had nothing to do with a tiff over Rupert Murdoch-related humour.

The actor had allegedly refused to take part in a comedy sketch for the awards show after a joke he

planned to make about the News of the World phone-hacking scandal was nixed by the show's network, Fox.

But Baldwin, who attended Tony Bennett's birthday party in New York that night, insists that had nothing to do with it.

"I skipped the Emmys because of this — because I wanted to be here," he told People magazine. "The Emmys have been in August for the last several years, but they moved to this date and I'd already committed to this." ● METRO

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3 life

Flu shot



As provinces get ready to roll out their annual flu shot programs, new research suggests vaccinating little kids could significantly reduce hospital visits during flu season. The study shows emergency department visits for flu-like complaints declined by 34 per cent.

THE ASSOCIATED PRESS



► One expert says everyday painkillers are getting a bum rap.

Pregnancy and the pain

► Director of Motherisk program at Sick Kids preaches talking to your physician, not panic



CELIA MILNE
LIFE@METRONEWS.CA

Can you safely take Advil while you are pregnant? Ask your doctor.

A new study from the University of Montreal has revealed a possible link between NSAID painkillers and miscarriage.

While this study is a useful reminder that women should be cautious

about taking drugs in pregnancy, it certainly doesn't prove anything, says Dr. Gideon Koren, director of the Motherisk program at the Hospital for Sick Children in Toronto.

"It is a national sport in Canada to scare pregnant women, even through research which cannot prove the point," says Koren of the study.

"As a rule, Motherisk believes that in pregnancy

women should not self-prescribe, but rather talk to their physicians on needs, benefits and risks."

Here's how the Montreal study worked: Using a Quebec registry of patients, researchers found 4,705 women who had had a miscarriage.

Each case was compared to 10 women in the registry who had not had a miscarriage.

They looked back over

records to find out which women had been prescribed NSAIDs by a doctor. NSAIDs include celecoxib (Celebrex), rofecoxib (Vioxx), ibuprofen (Advil) and naproxen (Aleve).

They found that women who received at least one prescription for NSAIDs were more than twice as likely to have a miscarriage than women who did not.

The study, which was published in the Canadian Medical Association Journal, did not ask women whether they actually took the drugs, and did not include information about women taking over-the-counter Advil and Aleve.

"The study from Montreal has, we believe, major methodological problems that do not allow drawing a conclusion," says Koren.



Lock up medications: More young kids getting inadvertently poisoned: study

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FDA says OZ claims are false

The U.S. Food and Drug Administration and a leading doctor are disputing claims by television show host Dr. Mehmet Oz that trace amounts of arsenic in many apple juice products pose a health risk.

Oz said on his show last week that testing by a New Jersey lab has found what he implied are concerning levels of arsenic in many juices.

However, the FDA says the lab methods were not appropriate and that its own tests show much lower arsenic levels. The agency warned the show's producers in advance that their testing was misleading.

Dr. Richard Besser, former acting head of the Centers for Disease Control and Prevention, also scolded Oz.

THE ASSOCIATED PRESS

Concussions have an impact on NHL

► Brain injuries — and how to prevent them — top of mind as NHL training camps begin ► Few solutions

With blades hitting the ice with the start of NHL training camps last Saturday, the issue of concussions in hockey is top of mind for a group of doctors, researchers and players who want to educate the public about the potential long-term effects of the brain injury.

A public meeting held on the weekend at Toronto's St. Michael's Hospital looked at the situations under which concussions occur and how they can be prevented, with a focus on teaching young players about the dangers of head trauma and how to better protect themselves.

"There's still an attitude out there that brain injury



► Max Pacioretty has suffered concussions.

is like a broken arm," said neurosurgeon Dr. Michael Cusimano, who helped organize the conference. "We take our brains for granted, and we need to have people realize that you can't take your brain for granted."

Michael Hutchison, a post-doctoral fellow in injury prevention at St. Mike's, presented findings from a study of almost 200 concussions that occurred among NHL players from the start of the 2007 season to mid-season 2010.

By analyzing video clips of incidents that led to those brain injuries, Hutchison found that, not surprisingly, most are caused by direct hits to the head involving actions by other players — predominantly head shots with a shoulder, elbow or gloves. The study also showed that forwards incurred more concussions than defence-men.

THE CANADIAN PRESS

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE



Not all fats are bad For optimum health, don't cut out all fats; you should eat healthy fats (meaning the monounsaturated/polyunsaturated) each day, according to Canada's Food Guide. But even some of those are better than others.

The following four foods are all good in that they are low in saturated fat and have zero cholesterol.

Here's what's in one tablespoon in terms of calories and fat:

- Olive oil 120 calories, 14 grams fat (2 grams saturated)
- Margarine (non-hydrogenated) 105 calories, 12 grams fat (2 grams saturated)
- Peanut butter 90 calories, 7 grams fat (1 gram saturated)
- Avocado 24 calories, 2 grams fat (1 gram saturated)

My pick as a spread is avocado, hands down When that midmorning hunger hits, there I am spreading a quarter of an avocado onto a piece of wholegrain toast or a few crackers. A squeeze of lime gives it some zip, and this is a snack that sets you up until lunch time.

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Add it to the burger bucket list

► South Granville's new neighbourhood tavern, Luke's Corner Bar & Kitchen, serves Pacific Northwest eats ► There's one very innovative dish

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA



Aren't surprises just the best? After hitting two dead-ends on my hunt for a new restaurant, I serendipitously stumbled upon Luke's Corner Bar & Kitchen's, 'We're now open!' sign. SOLD.

Formerly, Red Door Pan Asian Grill, South Granville's newly renovated eatery is a casual spot suitable for shoppers, sports fans (TVs are on), and families. The menu is reminiscent of Earls or Cactus Club, listing a slew of interesting salads, meaty entrees and bar



► House Made Veggie Burger with fried pickles and peppers (\$13).

► **Luke's Corner Bar & Kitchen**
2996 Granville St.
604-733-5699
lukescornerbar.com
Licensed: Yes
Social lunch: Yes
Quick solo lunch: Yes
Client negotiations: Yes
Price range: \$8 - \$25
Rating: 3.5 out of 5

snacks.

As tempting as Auntie Erin's Chicken Club was, the House Made Veggie Burger of quinoa, egg, and almonds sounded too good to miss.

Twenty five minutes later, with the mammoth creation before me, I almost understood why the solo

lunch order had taken so long. The hulking one-and-a-half inch thick patty was crammed with goodness, topped with B.C. Farmstead white cheddar and spread with caramelized onions. On a grilled, flaky bun with house made chipotle mayo, it was an unexpected treat.

Correction

In yesterday's Metro, Rose Reisman's Swap It identified a Starbucks Pumpkin Scone as having 78 g of fat instead of 78 g carbs.

Avgolemono Soup



Preparation:

- 1 In large saucepan over medium-high, melt butter. Add onion, carrots and garlic, sauté until onions and carrots are tender, 6 mins.
- 2 Add broth and bring to simmer. Add orzo and thyme, cook for 6 mins. or until orzo just tender but not mushy.
- 3 In medium bowl, whisk eggs and lemon juice. Ladle out 250 ml (1 cup) of broth and drizzle it into eggs while whisking. Remove saucepan from heat. While whisking broth

and vegetables in saucepan, slowly pour in egg mixture. Whisk until smooth, season with salt and pepper.

THE ASSOCIATED PRESS

Ingredients:

- 15 ml (1 tbsp) butter
- 1 yellow onion, diced
- 250 ml (1 cup) shredded carrots
- 2 cloves garlic, finely minced
- 1 l (4 cups) chicken broth
- 50 ml (1/4 cup) orzo pasta
- 5 ml (1 tsp) finely chopped fresh thyme
- 3 eggs
- 45 ml (3 tbsp) lemon juice
- Salt and black pepper

Kick off soup season with chowder

► This one-pot fish chowder originates in Chile ► Its bold flavours provide a welcome warmth for cool nights

As bold in colour as it is in taste, this one-pot fish chowder is packed with flavour. For a more authentic flavour, omit the turmeric and substitute with a pinch of saffron.

bits from the bottom of the pan. Cover and let simmer gently, stirring often for 20 minutes. Add fish and cook, covered, 10 minutes more,

or until fish is opaque.

- 2 Sprinkle with parsley.

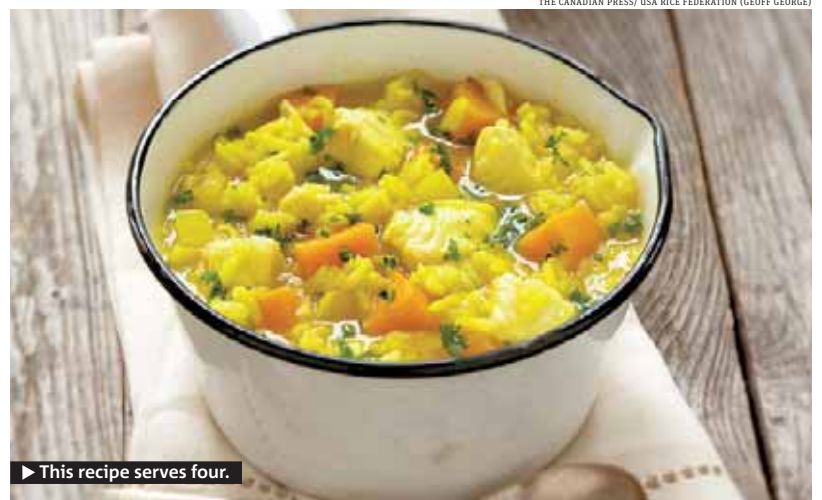
THE CANADIAN PRESS

Preparation:

- 1 In a large Dutch oven or saucepan, heat oil over medium-high heat. Add onions and cook until tender, about 5 minutes. Add cumin, coriander, turmeric, salt and red pepper flakes; cook, stirring for 1 minute. Add rice and pumpkin or squash. Stir in broth and bay leaves, scraping any

Ingredients:

- 30 ml (2 tbsp) extra virgin olive oil
- 2 medium onions, chopped
- 5 ml (1 tsp) each ground cumin and coriander
- 2 ml (1/2 tsp) turmeric
- 5 ml (1 tsp) coarse salt
- 2 ml (1/2 tsp) red pepper flakes
- 125 ml (1/2 cup) long grain white rice
- 1 kg (2 lb) pumpkin or squash, peeled and diced
- 1 l (4 cups) fish or chicken broth
- 2 bay leaves
- 500 g (1 lb) skinless haddock or cod fillets, cut into chunks
- 50 ml (1/4 cup) chopped fresh parsley



► This recipe serves four.

THE RING CERTAINLY HAS TO GO

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONEWS.CA

FOR MORE, VISIT
CHARLES
MACPHERSON.COM

Dear Charles,
What is the etiquette of

engagement rings? Our specific question is, since the groom left the bride BEFORE they got married, can she keep the ring? It's an incredible rock and he can easily afford it because he has lots of money. What to do?

Dear What to do,

I'm sorry to hear of this broken engagement. Matters of the heart are never easy. The honourable gesture is to return the ring.

Put the entire situation into a larger perspective.

The ring is based on the promise of marriage. Therefore when this promise doesn't happen, keeping the ring puts your bride in the wrong. We wouldn't want the bride to appear opportunistic and thus

greedy. And between us, I personally believe by returning the ring she will surround herself with good karma for the next great man in her life!

HAVE A QUESTION? EMAIL CHARLES AT
ASKCHARLESTHEBUTLER@
METRONEWS.CA.



► Engagement rings are based on the promise of marriage.

Date Night



► Sunsets can be a romantic event.

Ideas for your next date

1 Watch a sunset/rise together

Grab a blanket and some cocoa and snuggle up together to take in the most magical moments of each day.

2 Sweet dreams

Cosy up with your sweetie in your very own slumber party pour deux. Don't forget to play truth or dare —minus all the teenage-era awkwardness!

3 People watching play-by-play

Hunker down on your favourite park bench and provide a running commentary on the passersby: Guess who's on a first date, which guy's about to

propose and who's taking a break from the kids!

4 DIY pizza

Forget calling the pizza parlour down the road — make your own pie! Buy some dough (or make your own from scratch), canned sauce and loads of your favourite toppings. It's fun and messy!

5 Branch out!

Plant a tree together. Buy some seeds from your local gardening centre and plant a tree. It's inexpensive and it's a treat to think back to the fun you had that night as you watch it grow in your yard.

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MONEY@METRONEWS.CA



Look way past your family's immediate back-to-school costs

of books, calculators and clothing. According to TD Bank, a small child today will be faced with approximately \$80,000 in post-secondary education expenses.

Parents naturally want what's best for their kids, but the sheer price tag of education leaves them wondering how they're going to make it happen.

Rest assured; education is the most lucrative investment you can make in your child. According to the National Graduate's Survey, their long-term income earning ability is up to a million dollars greater than someone without post-sec-

ondary. Plus they'll benefit from more flexibility to pursue a career they're passionate about.

Planning ahead using the Registered Education Savings Plan (RESP) is the best way for families to save for a child's education.

The major benefits of the RESP are; first, money grows through the power of compounded returns; second, the growth is tax-deferred and; third, the government gives you free money toward the plan.

Start now. As soon as your child is born, or once you read this, open an RESP account for them. All you need is a Social Insurance Number for your child and a 30 minute appointment with your financial advisor.

A professional advisor will assist you in selecting the right investments for the RESP portfolio.

Contribute regularly. Every time you get paid, automatically contribute to the RESP that same day.

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Jack is only 3 1/2 years old but he has a portfolio.

With \$1,600 in his RESP (Registered Education Savings Plan), he is starting down a lifelong path of saving and investing.

Since he's my grandson, my goal is to make sure that his nascent portfolio grows happily and safely until he heads off into the post-secondary world.

With some predicting that the cost of a four year degree will hit \$100,000 by the time he is of university age, I'd rather he have a shot at higher learning without being encumbered by a debt that will haunt him well into his 30s.

His parents, Jeff and

Claudia (my daughter), have all the usual challenges of young moms and dads from mortgages and car loans to saving for their retirement, not to mention all the wants that assail young homeowners from new carpeting to upgrading their kitchen. It's tough to find extra dollars for savings. Do they put those scarce funds in a TFSA (tax-free savings account), RRSP, RESP or devote the money to paying down debt?

Every situation is different, but in Jeff and Claudia's case, I'd rather a bit of money be devoted to Jack's RESP every month than to their RRSPs, if they have to make the choice.

And that's because education is a shorter-term obligation. Jack will be heading off to college or university decades before Jeff and Claudia retire.

While RRSPs provide a tax deduction, the CESG (Canada Education



► Alison's money rule: Free government money makes RESPs the best deal going for young families.

Savings Grant), tops up RESP contributions by 20 per cent on the first \$2,500 contributed.

Higher income families will get a little less on the first \$500 and lower income families more, but the average Canadian can count on that grant annually up to a maximum of \$7,200 over the life of the plan.

Once the money is inside an RESP you have to decide what to do with it. I posed this question to Jack as he

hammered the siding on my house with his new tools. He didn't have an answer. Jeff and Claudia don't have an answer either.

A bank advisor, eager to sell investment products, has already contacted them. Should they go with mutual funds? And if so, which of the 15,000 are their best bet?

Next week I'll tell you what I told them. **CONTACT ALISON AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM**

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS

in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

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Allan Small
Senior Investment Advisor – DundeeWealth

Tuition hikes eclipse inflation rate for second straight year: StatsCan

Canadian undergrads are paying way more than the inflation rate in tuition hikes this year.

Statistics Canada reports full-time students paid an average of 4.3 per cent more in tuition this fall than they did last year, when tuitions rose four per cent.

Inflation was 2.7 per cent between July 2010 and July 2011.

StatsCan says undergraduate students are paying an average of \$5,366 in tuition fees in 2011-12, up from \$5,146 a year ago.

Increases ranged from 1.4 per cent in Manitoba to 5.1 in Ontario.

New Brunswick ended three years of frozen tu-

Lucky province

► **Tuition fees** rose in all but one province, Newfoundland and Labrador, where they have been frozen since 2003-04.



► Undergrads in Quebec and Newfoundland and Labrador currently have the lowest average fees.

tion fees with a 3.6 per cent increase, while tuitions in Nova Scotia rose 4.3 after three years of declines.

On average, undergraduate students in Ontario paid the highest fees in Canada, at \$6,640, followed by students in New Brunswick who paid \$5,853.

Undergrads in Quebec and Newfoundland and Labrador continued to have the lowest average fees, \$2,519 and \$2,649 respectively.

Graduate students paid an average of \$5,599 in tuition fees for the 2011-12 academic year, up 3.7 per cent.

THE CANADIAN PRESS

Chiefs lose star running back Charles



▶ Jamaal Charles

The NFL season is over for Jamaal Charles.

The All-Pro running back will go on injured reserve after tearing the anterior cruciate ligament in his left knee, a person familiar with the injury told The Associated Press, leaving the winless Kansas City Chiefs without one of their best ofensive players.

The person spoke on

condition of anonymity because the Chiefs do not disclose injury details.

Charles, the NFL's second leading rusher last season, sustained the injury after taking an awkward step finishing off a run in the first quarter of Sunday's 48-3 loss to the Detroit Lions.

Charles had an MRI exam yesterday that revealed

the extent of the injury, and coach Todd Haley said he would join tight end Tony Moeaki and Pro Bowl safety Eric Berry on injured reserve. Moeaki tore his left ACL in Kansas City's pre-season finale against the Green Bay Packers, while Berry tore his left ACL in a 41-7 season-opening loss to the Buffalo Bills.

THE ASSOCIATED PRESS

4
sports

Giants cash in on big gaffes

▶ New York gets crucial victory over Rams after Week 1 loss to Redskins

Steve Spagnuolo and the St. Louis Rams came to the Meadowlands bearing gifts and the New York Giants readily accepted them.

Eli Manning threw two touchdown passes and line-backer Michael Boley scored on a 65-yard fumble return to lead New York (1-1) to a 28-16 victory over the mistake-prone Rams (0-2) last night in the first matchup between Giants coach Tom Coughlin and Spagnuolo, his former defensive co-ordinator.

All four of New York's touchdowns resulted directly from St. Louis mistakes.

Manning hit Hakeem Nicks with a three-yard TD pass after a muffed punt and Domenik Hixon made a spectacular juggling grab on a 22-yard score after a busted coverage late in the first half.

Sam Bradford threw a touchdown pass and Josh

28	16
GIANTS	RAMS

Brown kicked three short field goals for the Rams.

Bradford might have made the biggest mistake, throwing a pass backward and seeing Boley run it into the end zone.

It was that kind of night for the Rams.

The Rams killed themselves in the red zone. They settled for three short field goals after drives stalled inside the Giants 10, with the first coming after they got a first-and-goal at the 1 following a 68-yard catch and run by Danario Alexander.

New York built a 21-6 halftime lead and was never threatened again.

THE ASSOCIATED PRESS



▶ Giants running back Brandon Jacobs rushes for a touchdown during the third quarter in New York last night.

Quoted



"That's foolish on our part medically to put time frame out there."

PHILADELPHIA EAGLES HEAD ATHLETIC TRAINER RICK BURKHOLDER, ON WHEN MICHAEL VICK MIGHT BE READY TO PLAY. VICK SUFFERED A CONCUSSION ON SUNDAY WHEN HE WAS SPUN AROUND BY A DEFENDER AND SLAMMED INTO RIGHT TACKLE TODD HERREMANS.



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Crossword

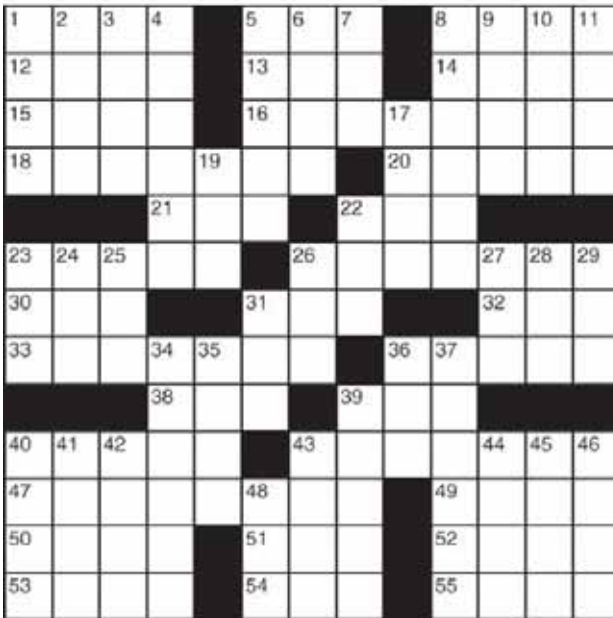
Across

1 Padlocked faster
5 Pigpen
8 Human heart, basi-
cally
12 Always
13 Before
14 Sandwich cookie
15 Note from the
boss
16 Staff with robots?
18 Ape, e.g.
20 Pie-in-the-face
sound
21 — de deux
22 Same (Pref.)
23 Verbalizes, Bibli-
cally
26 Weather condi-
tions
30 White wine aperit-
tif
31 Stir-fry pan
32 Trotted
33 Mosque leader's
office
36 "The Silence of the
—"

38 "— Impossible"
39 Help
40 Thingamajig (Var.)
43 Enliven
47 Quite close
49 "American —"
50 Gangster's subor-
dinate
51 Dress in
52 Tiers
53 Hosiery woe
54 Suitable
55 Slave to cross-
words?

Down

1 Rope fibre
2 State with convic-



tion
3 Big truck
4 On time
5 Airplane furniture
6 Verifiable
7 Nevertheless
8 Cheerleader's prop
9 Caspian Sea feeder
10 Transcending
(Pref.)
11 Versifier
17 Bone (Pref.)
19 Backrub response
22 Sort
23 Enjoy Aspen
24 Intention
25 Playwright Levin

26 Miller Sebastian
27 Branch
28 Bill
29 Type measures
31 Lbs., ozs., et al.
34 Acting out word-
lessly
35 Teeny bit
36 Roman 52
37 Put on a pedestal
39 Regarding
40 Showbiz jobs
41 Part of the loop
42 Old portico
43 On
44 Commotions
45 It may be

Painted red
46 Otherwise
48 Oklahoma city

► Yesterday's answer



For today's crossword answers
and for expanded horoscopes,
go to metronews.ca

Today's horoscope

♈ **Aries** March 21-April 20 Stay
positive, and great things will hap-
pen.

♉ **Taurus** April 21-May 21 You
still have enough time to put the
finishing touches to something of a
creative nature.

♊ **Gemini** May 22-June 21 If
you somehow get involved in a dis-
pute between friends or relatives
today you must be even-handed.

♋ **Cancer** June 22-July 22
Change is good and positive.

♌ **Leo** July 23-Aug. 23 If you want
something enough you will find a

way to get it, but it may cost you
more than you expected.

♍ **Virgo** Aug. 24-Sept. 22 You
will always get another chance.
Don't put pressure on yourself un-
necessarily.

♎ **Libra** Sept. 23-Oct. 23 You are
on the cusp of a wonderful new
phase.

♏ **Scorpio** Oct. 24-Nov. 22
Focus on what you desire today
and you might just get it.

♐ **Sagittarius** Nov. 23-Dec.

21 If you throw in the towel now
you will regret it later when the
omens turn in your favour.

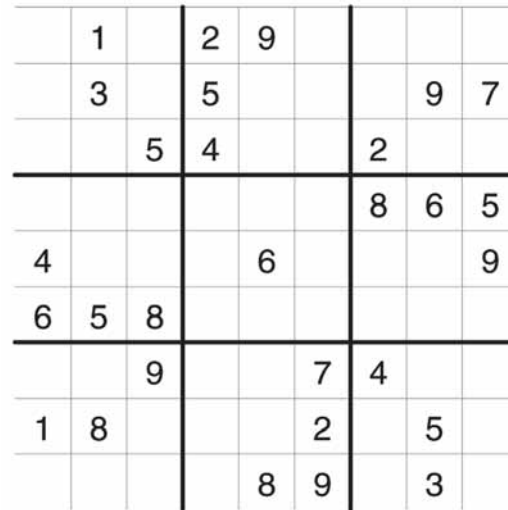
♑ **Capricorn** Dec. 22-Jan. 20
Make use of the Sun's last days in
helpful Virgo to finalize your plans.
Then, when the Sun crosses the ca-
reer angle of your chart on Friday,
you can act with the confidence of
knowing you will succeed.

♒ **Aquarius** Jan. 21-Feb. 18
Whatever kind of news you receive
today, don't take it too seriously.

♓ **Pisces** Feb. 19-March 20. You
need to make a decision about a
partnership or relationship matter,
and you need to make it soon.

© SALLY BROMPTON

Sudoku



How to play

Fill in the grid, so that every
row, every column and
every 3x3 box contains the
digits 1-9. There is no math
involved. You solve the
puzzle with reasoning and
logic.

Yesterday's answer ►

7	3	1	6	9	2	8	5	4
4	2	5	7	1	8	3	6	9
9	8	6	4	3	5	7	1	2
5	7	9	3	2	1	4	8	6
1	6	8	9	4	7	2	3	5
2	4	3	5	8	6	1	9	7
8	9	4	2	5	3	6	7	1
6	1	2	8	7	9	5	4	3
3	5	7	1	6	4	9	2	8

Today

19°/13°
Sunny

Wednesday

20°/15°
Showers
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PARENTS TO
CREATE THEIR OWN
SIDNEY CROSBY {page 4}

PILL WORLD
SMALL PORTIONS,
BIG FLAVOUR ON
THE MENU {page 7}



**WHEELS
OF TOMORROW**
GREEN AND
STYLISH {page 9}



VANCOUVER

metro®

September 20, 2031
www.metronews.ca



News worth sharing.

DAVID VAN DYKE/PHOTO ILLUSTRATION/FOTORESEARCH.COM

Drawing the future

► Youth of today are in control of what their lives will look like in 2031 ► Metro teams up with a group of young writers to get a glimpse of what the future holds

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Born to be ... anyone you want

► Did you want to be an athlete or a rock star? ► Genetics screening will help detect predispositions toward certain skills, strengths and attributes

Ever wonder what you were born to be? The next Katy Perry? Or Sidney Crosby? Well, 20 years from now, you won't be wondering — you'll know.

Here's how: Genetic screening in early childhood will detect specific genes that offer a predisposition to certain skills, allowing parents to direct their children toward careers that they were just born to have.

"There are already options available to test for things like traits," said Jill Davies, director of genetics at Medcan Clinic in Toronto. "You can predict what a person's eye colour will be, or whether they're going to be sprint runners."

Consider this: ACTN3 is a gene found in many elite-level athletes. A variation in this gene can determine

them all for sprinting, we would probably get more good sprinters than if we just trained young Canadians randomly."

limited to athletic ability. Perfect pitch, the ability to recognize or recreate a musical

note, is another trait that may be genetically linked. Dr. Joseph Profita at the University of California has hypothesized that perfect pitch is carried by a single gene and, as such, children with parents who exhibit perfect pitch have a 50 per cent chance of inheriting that trait. In 20 years, 50 per cent could become 100 per cent if two genetically predisposed parents have kids.

In 2031, technology will be able to offer insight into a child's skills, strengths and attributes. Is that a good thing? Yes — because we will also remember that success comes not only with the gift, but with what we do with it.

EMILY FAUBERT, 17, IS A GRADE 12 INTERNATIONAL BACCALAUREATE STUDENT IN MISSISSAUGA, ONT. SHE IS AN ASPIRING NOVELIST WHO HOPES TO USE HER WRITING TO EXPLAIN WORLD ISSUES SUCH AS ANIMAL TESTING AND HUMAN RIGHTS IN AN UNDERSTANDABLE AND ENGAGING FORMAT.



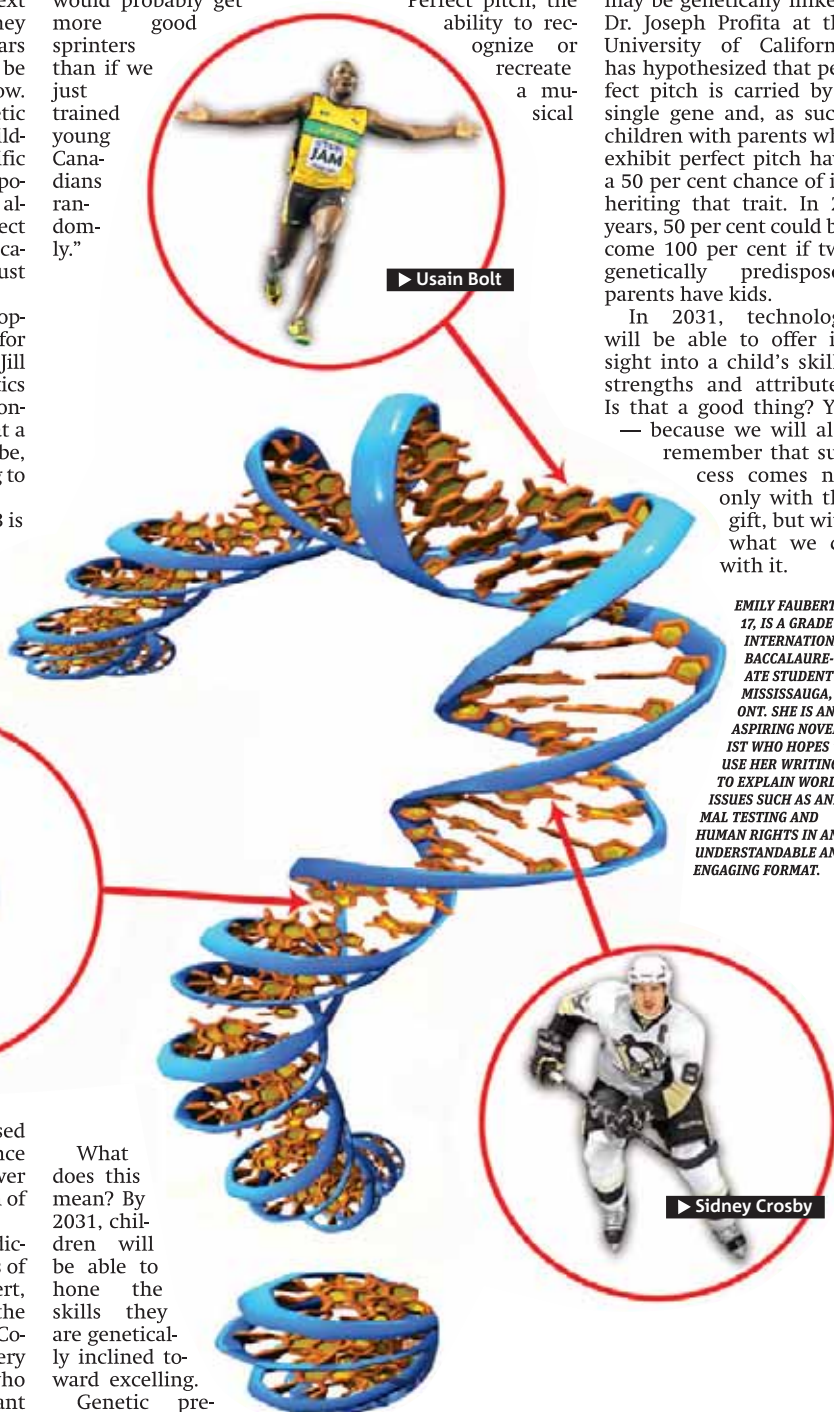
► Katy Perry

whether an individual is predisposed to success in endurance sports, speed and power sports, or a combination of the two.

"You can make predictions about large groups of people," said Jim Rupert, associate professor at the University of British Columbia. "If we took every Canadian teenager who has this particular variant [of ACTN3] and trained

What does this mean? By 2031, children will be able to hone the skills they are genetically inclined toward excelling.

Genetic predisposition is not



DAVID VAN DYKE/PHOTO ILLUSTRATION

EDITOR'S NOTE

Welcome to 2031!

We have seen the future — and we want to share it with you.

Metro's Future Daily began with a simple idea. What will Canada and the world look like 20 years from now? When we reached out to our network of young writers, the response was overwhelming. Story ideas ranged from technology, education and science to the future of media, the environment, fashion and food.

With so many incredible ideas, the scope of the project doubled and the issue began to take shape. We wanted it to be innovative, creative and cutting edge. We found ourselves working with a diverse lineup. It seemed that our writers wanted to focus on issues that reflected their passion, and not just their creativity. So began our summer project...

The stories you will read here reflect the vision of young people across Canada. There is something here for everyone. If you are a

businessperson, you may find it interesting to read Tarini Chandak's vision for a mainstream business model based on social entrepreneurship.

Flip the pages to discover what foods we will be eating in 2031 and how we will conserve our planet's water supply. Explore crowd-accelerated innovation with Selin Jessa, as she delves into the theory behind the online video movement.

Want to know whether your children and grandchildren can be superkids? Read Emily Faubert's vision for genetic predetermination. And there's more...

We, young writers and dreamers of this age, have tapped into our limitless optimism to compile this issue to bring you our vision of an alternate future — a future that is free of apathy and band-aid solutions.

Let us all take a step toward that sustainable future. Here's to piloting the next 20 years and beyond!

The Editorial Team

THE FUTURE DAILY EDITORIAL TEAM, LED BY FREE THE CHILDREN STAFF, IS COMPOSED OF FIVE YOUNG, ASPIRING JOURNALISTS WHO ARE PART OF THE JUNIOR JOURNALISM PROGRAM RUN BY FREE THE CHILDREN.



"By 2031 I would love to see a cure for most if not all of the world's terminal illnesses. I would also love to see a world where every human being is treated equally and can equally access and enjoy the resources of the world."

SHAWN DESMAN,
JUNO AWARD-WINNING CANADIAN
POP ICON AND PRODUCER



"By 2031, I'd like to see the gap between rich and poor narrow significantly. Whether on an individual, local or international level, it is such an obvious issue that I think the world must deal with (it)."

AISLINN PAUL
ACTRESS, DEGRASSI



LAST ONE TO THE 4TH DIMENSION IS A BIOENGINEERED EGG.



Sure, this decade has seen some impressive advancements, but nothing comes close to the 2031 MINI Coupé. Standard features include antimatter turbo boost, dual flux capacitors, thought-sensitive steering, dual planet GPS, and two cupholders. Don't take our word for it, test drive one today. Or time travel back to 2011 and try out the original.

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Finding a life on Mars

► Moving to Mars means we could continue our patterns of unsustainable living ► We just need a replacement planet ► Venus also has potential

It's a sad day when pollution is so heavy the air tastes like dirt. All the while, icebergs are melting, cities are flooding and forests are being destroyed.

The world's population is using 20 per cent more natural resources than the Earth can produce and there is an ever-increasing population and ever-decreasing food supply. What the world needs is a fair, cheap and easy solution.

I shall therefore humbly propose my own thoughts. I have been assured by a reliable Internet blog that there is a great opportunity to colonize Mars. It has a rich environment of carbon dioxide that could be developed into an atmosphere suitable for humans.

Therefore, I propose that mankind move to

Mars and leave Earth to become a desolate wasteland. Mars is approximately half the size of Earth so only half the population should be permitted to move to Mars. Immigrants will be selected based on a key criteria — those who have leading roles in society (celebrities, corporate leaders and politicians).

There is a dual purpose in sending these people to Mars. It is well known that governing bodies control action taken toward climate change and many corporations are the leading cause of pollution. If these people are sent to Mars, the degradation of Earth will be slowed down so a few more generations can live a quiet existence.

Don't mention other solutions — of cutting con-

"Don't mention other solutions until there is any glimmer of hope that people will make a sincere attempt to put them into practice."

sumption, of green transportation and of sustainable living — until there is any glimmer of hope that people will make a sincere attempt to put them into practice.

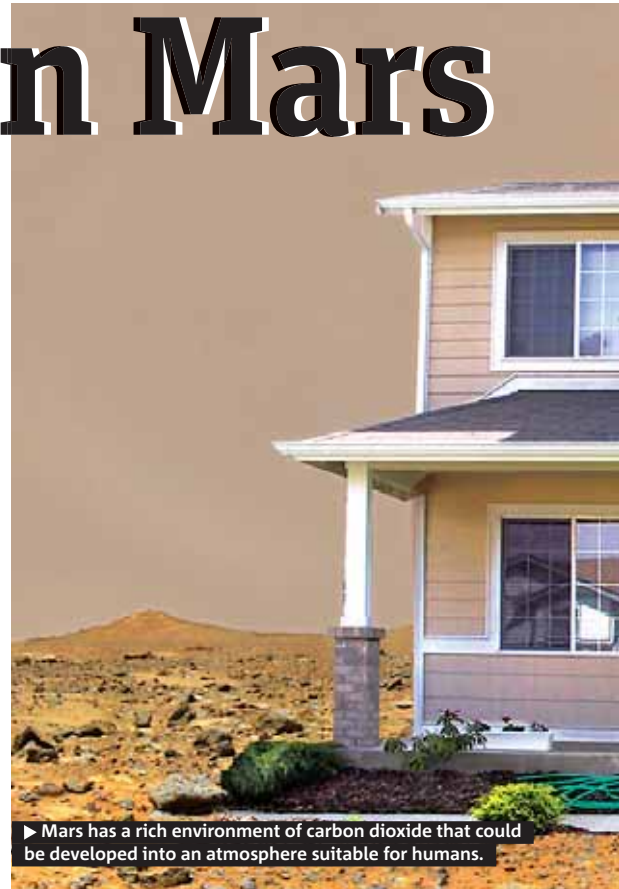
Before any counter-proposals, consider these two points: Those who have the power to influence change are not creating policies to divert from our current path. Secondly, those who have the financial means to invest in real solutions

have more to lose so are apt to continue their ways.

Moving to Mars would mean mankind wouldn't need to learn a lesson from the wasteland formerly known as Earth — we just need to start searching for another replacement planet. I have heard that Venus also has great potential. Citizens could continue in their patterns of unsustainable living without concern for the future, continuing to think short term, living in their oversized homes and driving SUVs.

Author's note: This piece has been inspired by Jonathan Swift's A Modest Proposal, in which he satirically proposes children be used for red meat to end Ireland's economic woes.

CHRISTINA FRANC, 21, HAS A BACHELOR'S DEGREE IN JOURNALISM FROM CARLETON UNIVERSITY.



► Mars has a rich environment of carbon dioxide that could be developed into an atmosphere suitable for humans.

Looking ahead



Michel Chikwanine

SPEAKER, ME TO WE

"I envision that by the year 2031, the world will have met the United Nations Millennium Development Goals. In 2031, every girl around the world will get to go to school."



Craig Kielburger

FOUNDER, FREE THE CHILDREN

"By 2031, I envision a world in which apathy is no longer an issue. Young people will have the passion and creativity to change the world ... they will be empowered on the world stage and treated as equals."

The future isn't so scary

Hollywood imagines this generation's future as a science experiment with apocalyptic results, but author Mark Stevenson insists it doesn't have to be that scary.

Stevenson spent a year travelling the globe asking scientists and philosophers what's next for us. He synthesized the answers in his book, *An Optimist's Tour of the Future*. It is being turned into a TV series and a Hollywood movie.

What are your goals for the book?

I wanted to write about the scientific horizon for a wide audience because there's a revolution coming and more of us should be informed.

Did you write from an optimist's perspective?

"Optimist" appeared in the title because I saw so many interesting possibilities, and my agent said I'd sell more copies. I am not saying the future will be better — I am saying it could



► Author Mark Stevenson

be, so I'm a possibilist.

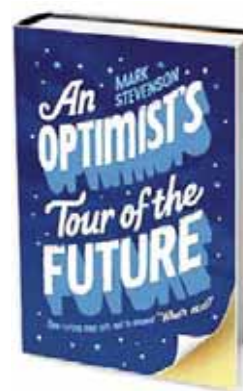
What will be the most interesting scientific innovations?

To quote William Gibson: "The future is here. It's just not widely distributed yet." So, synthetic biology is already in use. If you're diabetic, it's almost certain your insulin supply is produced by *E. coli* bacteria whose genome has been tinkered with. The list of nanotechnology-based

products already available includes microprocessors, cleaning products, toothpaste, pregnancy tests, stain-resistant clothing, and — it seems to me — a disproportionate number of hair-straightening devices.

As we speed into the future, what's core to being human?

Talking about technology makes people quite scared, but advancement is a whole-hearted expression



put in the blender.

Are information technologies useful or just overloading us?

It's up to us how we use technology. If you have mass access you must employ mass-filtering. To make decisions we have machines to mine information and get a much clearer picture.

You investigated solar energy and on your trip carried a solar-panel bag. Is that the future of fashion accessories?

It does get a lot of comments. Ironically, the battery is broken but the panel still works so the new technology is outlasting the old. By 2020 even solar pessimists believe people will be choosing solar because it's economic rather than green. Regardless of your opinion on climate change, energy independence is better than relying on oil and the few countries who export it.

SARA FRIZZELL IS A THIRD-YEAR STUDENT MAJORING IN JOURNALISM AT CARLETON UNIVERSITY.

of our humanity — it's what distinguishes us from other species. No other animal does this. There isn't a bunch of dogs putting together an equivalent of your newspaper and no dogs will read it.

These innovations will come to be because that's what human beings do. Hoping to roll back the march of human culture is about as pointless as trying to reconstruct the frog your younger brother just

DAVID VAN DYKE/PHOTO ILLUSTRATION



Conserving Canada's 'liquid gold'

DAVID VAN DYKE/PHOTO ILLUSTRATION

Water is one of the world's most precious resources, and although Canada seems to have plenty of lakes and rivers, we need to be just as careful as every other country in conserving our share of this fast-depleting "liquid gold."

Bob Sandford, an adviser to the Rosenberg International Forum on Water Policy, said Canadians are among the world's greatest water wasters and polluters — second only to Americans in per capita water use. Although we know we need to protect it, water remains one of our most undervalued resources.

Andre St Hilaire, member of the Canadian Water Resources Association, said it's important to make conservation efforts on an individual and national level. If we don't take the time to conserve water now, by 2031 we may be making some of these more drastic lifestyle changes:



► The Toronto waterfront if water conservation efforts fail.

Smaller families

► With the projected 2050 population at 9.5 billion, there won't be enough water to sustain the world's population if people keep reproducing at their current level.

► The environmental adviser to the British government has suggested that families with more than two children are putting an unbearable burden on the Earth. With only one- or two-child families, the world's water supply will last much longer.

water we have, people are going to have to head up to the territories along with the water.

No more plumbing.

Toilets, showers, baths, dishwashers and laundry machines are some of the biggest drains on the world's fresh water resources. In order to conserve water, all this activity will have to take place without the use of plumbing — through septic tanks, sponge baths and cycling water.

EMILY RACK, 21, IS A FOURTH-YEAR JOURNALISM STUDENT AT CARLETON UNIVERSITY.

Everyone will have to become vegetarian.

The amount of water it takes to raise animals for food is extraordinarily high compared to what it takes to grow food sources like vegetables, soy protein and rice. While a pound of beef requires about 2,500 gallons of water, a pound of soy only needs 250 to grow.

Turfgrass will be eliminated.

Turfgrass (which covers the lawns of thousands of homes in Canada) is potentially the single biggest waste of fresh water in Canada and the U.S. Indeed, a massive 30 per cent of the available drinking water in America goes to feeding turfgrass (a plant that isn't a food source).

The population will have to shift north.

While Canada is perceived to be a water-rich country, almost all the available fresh water we have is directed north while the majority of the population is in the south. In order to make the most of the fresh

Pills on the menu

Since the complete breakdown of the Earth's ecosystem, solid, chewable food has ceased to exist. Fortunately, at Pill World, our scientists have been hard at work replicating the main ingredients in the most popular dishes from 20 years ago and distilling their flavours into delicious pills.

While the average 2011 diet consisted of a variety of fresh and processed foods, massive leaps in agricultural technology led to global use of genetically modified foods. After a series of natural disasters in 2012, the world's supply of sustainable foods was virtually wiped out. Meanwhile, prices for remaining foods have doubled, as Oxfam predicted back in 2011. Pill World was born — universally accessible, eco-friendly and affordable. Bon appetit!

Appetizers

• **Pile o' Chicken Wing Pills:** This smoky, saucy flavour will make you feel like you're eating a whole stack of juicy chicken wings from the rare North American chicken.

• **Chicken Quesapilla:** The quesadilla was a cheesy, meaty Tex Mex dish mostly served in dive bars in neither Texas nor Mexico.

• **Tossed Pill Salad:** Distilled from only the freshest remaining vegetables on the planet — tomatoes, spinach and a lot of other "green" things charred beyond recognition.

Specialty Drinks

- Pill and Tonic*
- Vodka, Cran and Pill*
- Whiskey Sour Pill*

*Please note that pills only contain the flavour of alcohol and not the intoxicating properties. All of the fun of drinking without any of the consequences!



DAVID VAN DYKE/PHOTO ILLUSTRATION

Entrees

• **Pasta Pillmavera:** The taste of spring veggies, pasta and sauce in one smooth, mess-free capsule.

• **Cheeseburger Pill-stravaganza:** A primitive sandwich made of meat, bread and cheese. We think you'll find our cheeseburger-flavoured capsules more delicious, nutritious and satisfying.

• **Braised Chicken Breast with Caramelized Onions and a Red Wine Reduction:** The pill is an improvement!

Desserts

• **Chocolate Mousse Pill-splosion:** The real version would have made you fat. We're doing you a favour.

• **Apple Pie à la Pill:** Just like your mom's apple pie, except more pill-shaped.

MICHELLE BLANCHARD IS A FOURTH-YEAR JOURNALISM STUDENT AT CARLETON UNIVERSITY.

Le menu at Pill World — bon appetit!

The news is...in your head?

The newspaper you are holding in your hand, the news networks we watch after coming home from dinner — these are our windows to the rest of the world. But by 2031, innovations in technology could change the window we look through and even ourselves.

Social media: Delivering your news in 2031

Social media will be at the forefront of news delivery in 20 years. Unfiltered, first-hand perspectives from real-life people will be the order of the day.

Imagine checking Facebook or Twitter and hearing stories from soldiers on the front line in real time, or from aid workers at the scene of a tsunami.

With such profound changes, the ethics of news reporting will undoubtedly be altered. According to Bryan Orend, a philosophy professor at the University of Waterloo



in Ontario, "confirmed selection bias would worsen if you were to get your news from social media... groups of friends telling each other things they all want to hear, confirming pre-existing beliefs." So while social media will expand our horizons, it may also end up polarizing in its reach.

News microplants in your ear? Yes, please

What if we went beyond changing the news, and

changed ourselves? What if we could biologically remodel our brains in order to get real-time updates? Some people may no longer be content with a BlackBerry. They may want micro-chips installed in their heads instead.

Alan Lacopi, the operations director for the Queensland Micro and Nanotechnology Centre, said such innovations are possible. While receiving images in the brain may be a long way off, in 20 years Lacopi suggests that this will be the norm.

While this technology is possible, some argue that it is not worth the risk. Professor Paul Yager, chair of the Department of Bio-engineering for the University of Washington, argues that "we've developed a technology (the smart-phone) that makes the risks unnecessary," at least for an able-bodied person.

HOWARD LEUNG IS A UNIVERSITY STUDENT STUDYING ACCOUNTING. HE IS INTERESTED IN GLOBAL AND LOCAL ISSUES.



We've Got High Hopes!

In fact, 65% of Metropolitan Panel members believe we'll be scheduling holidays on the moon 20 years from now!*

Our optimistic panelists think that round-the-world trips above the atmosphere, space station resorts, and dinner by moonlight — on the moon, aren't too far away.

* Metropolitan Panel; Travel Survey - August 2011

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09:50	MIAMI	LX3100	A2
09:55	THE MOON	LV2317	A5
10:00	PARIS	BD9032	B1
10:00	MARS	FB5610	C4
10:05	HONG KONG	EN4267	A4
10:10	BARCELONA	GC5433	C1
10:15	TOKYO	LY4488	B2
10:20	MOSCOW	KF3280	B4
10:25	ZURICH	TK7252	A4
10:30	LOS ANGELES	TK3946	A1
10:35	ROME	RZ1408	B3
10:40	HONOLULU	EK4319	A1



Metropolitan
Panel



The car of tomorrow

► Imagine a vehicle that not only operates on electric power, but one that uses solar energy and recycled materials to save energy – and the planet

The automobile of 2031 can seat one to two passengers, depending on the model. Instead of gasoline, this vehicle operates on electric power, which is obtained through the solar panel roof and electric charge (power outlets).

As the car is running, the power charged from the solar panel is stored in battery cells underneath the driver's seat and vehicle.

All of the interior, exterior body panels and covers are made from recycled metals and plastics (to reduce manufacturing new

resources and materials). And all panels are painted with biodegradable paints instead of toxic chemicals. Large windows give the driver more natural light for better visibility and reduced blind spots.

Each wheel runs on its own individual motor, resulting in more power and traction. The new suspension and wheel design is much simpler, making it easier to repair, fix and find replacement parts.

Instead of using air-filled tubes, the individual suspensions (positioned in six,

similar to spokes) act as the rubber cushioning. The wheels maintain the same shock absorption as standard suspensions while eliminating the chance of rubber tire failures.

Also, the new wheel design further reduces toxic pollution created from manufacturing tire rubber.

One of the most unique features of this vehicle is its capability to have the front and rear wheels fold in together. As the wheels move in, the wheelbase shortens, making it easier to turn around, make

u-turns or park in tight areas (such as downtown districts, parking lots and sidestreets).

Strips of LED lights are placed on the front and rear wheel covers for better visibility, while using less power and creating less heat.

MATTHEW LAW IS A TORONTO-BASED DESIGNER AND COMMERCIAL PHOTOGRAPHER. HE IS IN HIS LAST YEAR OF STUDIES AT HUMBER COLLEGE IN THE TRANSPORTATION/INDUSTRIAL DESIGN PROGRAM. HE SPECIALIZES IN AUTOMOTIVE AFTERMARKET AND CONCEPT DESIGN. VISIT HIS WEBSITE AND PORTFOLIO AT MATTHEWLAW.CA.

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